

NUTRITIONAL MINERAL SUPPLEMENTS FROM PLANT ASH

ABSTRACT

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[0047] A method by which plant ash is reacted with individual acids or mixtures of acids to obtain the naturally occurring minerals and trace elements from the ash for the purpose of producing palatable mineral supplements for consumption by humans and animals. Uncontaminated plant material can be specifically selected for high

10 concentrations of certain minerals to provide specific supplements high in the desired mineral or minerals. Additional ingredients can be added to said mineral supplements, such as vitamins, herbal extracts, bioflavonoids, nutraceuticals, antioxidants, natural or artificial sweeteners, thickeners, fragrances, food colorings, and stabilizing agents, such as grape seed extract or benzoic acid to increase nutritional value, improve taste, flavor,

15 appearance, consistency and shelf life. Additionally, the minerals can be packaged in a tablet form such that when dropped into water or juice will produce CO₂ gas causing the solution to effervesce resulting in a mineral supplement in the form of a refreshing carbonated drink.

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